



## Ask Dr. Know

**What is the best thing to take for a sinus infection?**

**The term sinus infection means that bacteria is present in the paranasal sinuses. In acute sinusitis, improved drainage and control of infection are the aims of therapy. Steam inhalation effectively produces nasal drainage. Saline nasal spray may promote drainage. Antibiotics should be given for at least 10 to 12 days. Over the counter or prescriptive decongestants are of benefit to relieving congestion (follow recommended guidelines and restrictions for these medications).**



**Employees should obtain and post a "Permit for Portable Appliances," MSFC Form 3798, for privately owned, electrically powered appliances with heating elements (MPG 8715.1, "Marshall Safety, Health, and Environmental (SHE) Program").**

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### Contact:

**John Isom, CST, 961- 2330  
john.isom@msfc.nasa.gov**

## **So, You Made a Resolution?**

### **Weight Loss**

Many people are looking to lose weight before the "bathing suit" season of summer. But health officials urge caution when trying to trim those pounds--especially if you try fad diets or assorted medications. The wrong diet or drugs can cause major health problems. Here are some tips.

### **Advice for those considering losing weight:**

- Check with your doctor. Make sure your health status allows for taking in fewer calories and increasing physical activity.
- Follow a calorie-reduced but balanced diet that provides for losing as little as one or two pounds a week.
- Make time in your day for some form of physical activity.
- Consider the benefits of moderate weight loss. There's scientific evidence that losing 5% to 10% of your weight and keeping it off can benefit your health.

### **Recommendations for those who decide to choose a weight-loss product or plan:**

- If your doctor prescribes medication, ask about complications or side effects. Let the doctor know what medications you're taking or other conditions you have.
- If your treatment includes periodic monitoring or counseling, make sure the location is easy to get to.

### **Some methods for losing weight have more risks than others.**

- Ask for details about side effects, complications or risks of any products.
- Where appropriate, ask about the credentials and training of the program staff.
- Ask for an itemized price list for all costs of the plan you're considering, including membership fees, diagnostic tests, weekly visits, meal replacements or nutritional supplements.

### **We have a way to go....**

This automobile was photographed a local parking lot. This is what was found in and on this car: 10 - 80 lb. Bags of Concrete, numerous 2 x 4's and 4 x 4's and many 4 x 8 sheets of OSB total weight estimate 3000 lbs.

The results of this load is that the tires are trashed and the weight pushed the rear shocks through the floor board of the car.



## **Safety Dispatch Site of the Month**

### *Tips on how to survive a hotel fire*

<http://msfcsma3.msfc.nasa.gov/she/pdf/firesafety.pdf>

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